



Your Skin vs. the World

# Win the Glow War

## Meet Your Silent Complexion Killer: Pollution

Unlike other environmental aggressors (like UV and extreme temps) that can make their damaging effects immediately known via redness and burning, pollution is way sneakier. Particulate matter, microscopic bits of dirt, dust, and soot, and ground-level ozone (or smog) are small enough to get into pores and generate inflammation, says dermatologist Shari Marchbein, MD. That can cause everything from hyperpigmentation to acne to fine lines as early as in your 20s.

Urbanites aren't the only ones at risk. "Farming and manufacturing industries in rural and suburban areas release pollutants from machinery, factories, and chemical plants," says Diana Howard, PhD, VP of research and development at Dermalogica. Protect yourself in three steps.

# 1 Suds Up Every Night

Pollution is yet another reason to wash your face before bed. "Start with a salicylic acid-based face wash," says cosmetic dermatologist Sameer Bashey, MD. (Dry types can try a creamy formula, like Aveeno's.) "The oil-loving ingredient effectively dissolves sebum and particulate matter that accumulate in pores all day." Follow with a gentle exfoliator to remove any residual debris (Dermalogica's buffs with rice-bran extract). Or incorporate a sonic cleansing brush, like Clinique's—proven to remove PM 2.5, a super-tiny form of particulate matter—when washing.



Aveeno Clear Complexion Cream Cleanser, \$7, drugstores. Dermalogica Daily Superfoliant, \$18 for .45 oz., dermalogica.com. Clinique Sonic System Purifying Cleansing Brush and Sonic System City Block Purifying Cleansing Brush Head, \$116.50 for both, clinique.com



**Pollution Is Worse in Winter**  
 "As more oil is burned for heat, more pollutants are released into the environment," says Diana Howard, PhD.

# 2 Apply Antioxidants

Highly unstable compounds called free radicals (which damage your cells' ability to function normally and keep skin smooth and glowy) are a by-product of pollution. Counteract them by applying antioxidants—specifically, vitamins C and E (both are in Revision Skincare's lotion) or niacinamide (try it in Grown Alchemist's serum)—every morning before your SPF. "They act like scavengers, absorbing the extra energy from free radicals and neutralizing their damaging effect on the skin," explains dermatologist Joshua Zeichner, MD.



Revision Skincare Vitamin C Lotion 30%, \$115, revision.skincare.com for locations. Grown Alchemist Detox Serum Antioxidant +3 Complex, \$55, bloomingdales.com

# 3 Create a Barrier

SPF isn't just for UV protection. "Ones made with mineral blockers, such as zinc oxide and titanium dioxide, create a shield against ozone and particulate matter too," explains Dr. Bashey (try Senté's). Going out for the night? Urban Decay's setting spray contains pollution-blocking minerals (like zinc and copper)—especially important if you will be around smokers.

Senté Pollution Shield Broad Spectrum SPF 46 Sunscreen, \$49, sentelabs.com for locations. Urban Decay All Nighter Pollution Protection Environmental Defense Makeup Setting Spray, \$34, sephora.com



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